The Willing Workers COOK BOOK

Edited by the
Willing Workers
of
Troy, Alabama.

1903

The Big Store

H. SACKS, TROY, ALA.

FINE DRESS GOODS
DRESS TRIMMINGS
HOSIERY
UNDERWEAR
TOILET ARTICLES
MILLINERY
LADIES' FINE SHOES
CHILDREN'S SHOES
MEN'S CLOTHING
BOYS' CLOTHING
MEN'S SHOES
AGENTS FOR "STANDARD PAPER PATTERNS."

This is pre=eminently a Style-Store and a Value=Store combined. Our Stock is the best and the most reliable in this vicinity. We have no room for trash; we believe in buying and selling the best goods. We give the best value for the least money.

We never misrepresent an article and guarantee satisfaction in every respect.

OUR MAIL ORDER DEPARTMENT

Is especially equipped to serve out-of-town patrons. Samples cheerfully sent. All orders filled same day received.

Cake filling"

7 eggs

gar, ½ cup butter

n vanilla 1 cup chopped

p chopped nuts 1 cup

conut- wine glass of wine

ey. Cream butter & sugar

ks well beaten. Cook

thick, remove from stove

ile hot- add other

nts. Then spread between

bruary 25, 1924

Willie Graham"

Your Patronage is Solicited.

SAM A. WILLIAMS,

TROY, ALABAMA.

DOLLAR STORE

TROY'S LARGEST AND LEADING
DRY GOODS ESTABLISHMENT.

ALWAYS FIRST TO SHOW THE SEASON'S LATEST NOVELTIES

Dress Goods, Silks
Wash Goods, White
Goods, Ladies'
Furnishings, Cloaks
Tailor Suits, Gloves
Hoisery, Handkerchiefs
Corsets, Laces
Embroideries and
Small Notions
Millinery, Linens
Curtains, Rugs, Mattings
Shades, and House
Furnishing Goods, Toys
and Holiday Novelties
Men's and Boys' Clothing
and Furnishings,
Shoes for all Mankind

When not convenient to visit the store, send or write for samples. We conduct a systematic Mail Order Department. All orders given prompt and careful attention the day received.

TROY AGENTS FOR

McCALL PATTERNS & DOROTHY DODD SHOES

To Willie
from Sister.
Dec 25th 1919

The Willing Workers Cook Book

DeLAND, FLA.
E. O. PAINTER & CO., PRINTERS.
1903.

TO

MRS. A. B. CAMPBELL,

Our beloved organizer and co-worker, this book is

dedicated by

THE WILLING WORKERS.

Fruit Cake "fine"

1 lb Flour
1 " Butter
1 " Sugar
12 eggs
1 wine glass wine
1 " " brandy
½ cup syrup
½ gal pieced out nuts

1½ Table spoons Cinnamon
2 " " Spice
1 " " Cloves
½ " " Soda
1 little nut meg
1 lb currants
2 lbs raisins
1 lb dates
½ lb citron
½ "Aunt" Lizzie Jordan.

"We may live without poetry, music and art;

We may live without consicence and live without heart;

We may live without friends; we may live without books;

But civilized man cannot live without cooks."

—Owen Meridith.

Angel Cake.

Whites 11 eggs
1½ Cups sugar sifted 5 times
1 cup Flour " " "
1 tea Spoon cream-tarta
¼ tea Sp. salt.
Cook 35-or 40 minutes.

To mix- Beat eggs to light froth after adding salt, then add cream tarta and beat 'til stiff. Then add sugar & flour. Bake in Moderate oven.

MEASURES AND WEIGHTS.

Four teaspoonfuls equal one tablespoonful, liquid.

Four tablespoonfuls equal one wine glass.

Two wine glasses equal one gill or half a cup.

Two gills equal one coffee-cupful or sixteen tablespoonfuls.

Two coffee-cupfuls equal one pint.

Two pints equal one quart.

Four quarts equal one gallon.

Two tablespoonfuls equal one ounce, liquid.

One tablespoonful of salt equals one ounce.

Sixteen ounces equal one pound or a pint of liquid.

Four coffee-cupfuls of sifted flour equal one pound.

One quart of unsifted flour equals one pound.

Eight or ten ordinary sized eggs equal one pound.

One pint of sugar equals one pound (White granulated).

Two coffee-cupfuls of powdered sugar equals one pound.

One coffee-cupful of cold butter is one half pound.

One tablespoonful of soft butter, well rounded, equals one ounce.

One pint of finely chopped meat, packed solidly, equals one pound.

THE

Willing Workers Cook Book

SOUPS.

TOMATO SOUP.

One quart of water, one quart of tomatoes. Let boil twenty minutes and add one tablespoonful of soda. Add one quart of scalded milk and let come to a boil. Then season with butter and salt to taste. Crumble into this, crackers that have been browned. Mrs. Dillard.

CREAM OF TOMATO SOUP.

For a family of five use half a can of tomatoes. Open and pour into a bowl and let stand an hour before they are to be used, if possible. Put into a porcelain-lined stew-pan, with a teaspoon of salt, a little cayenne pepper, a bit of bay leaf, if convenient, ~~a quart of small~~ onions, cut fine, and a little mace. Set over the fire and stew for ten minutes after the tomatoes begin to bubble. Do not let boil. After the end of ten minutes, stir in a saltspoonful of baking soda and strain through a strainer fine enough to keep back the seed, but which will permit the pulp to be worked through, using a wooden spoon. While the tomato is cooking melt a tablespoonful of butter, and stir in a tablespoonful of corn starch, and grad-

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

ually add half a quart of milk, which has been brought to the steaming point in a double boiler, then stir the thickened milk into the remaining pint of hot milk and add the strained tomatoes. Before serving, which should be done at once, stir in another spoonful of melted butter. Serve with croutons. Mrs. J. S. Carroll.

CROUTONS.

Take slices of bread of the desired thickness, cut off the crusts, and cut into half inch cubes. Butter and put into a pan to brown, watching carefully to keep from becoming too dark. Mrs. J. S. Carroll.

BEAN PUREE.

Boil one teacupful of beans until thoroughly done. Mash and strain through a sieve. Fry one onion to a delicate brown, add it to the bean soup; also one teaspoonful of flour, salt and pepper to taste.

Mrs. Josephine Wiley.

SWISS WHITE SOUP.

A sufficient quantity of broth for six people; boil it; beat up three eggs well, two teaspoonfuls of flour, one cup of milk; pour these gradually through a sieve into the boiling soup; salt and pepper.

White House Cook Book.

GUMBO.

Two dozen pods of okra, cut fine, four large tomatoes, peeled and cut, one-half teacup butter beans, one-half tea-

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

cup grated corn. Fry one chicken with three slices of bacon and an onion in a deep vessel. When at boiling point, add the vegetables and two cups of water, one tablespoonful of dissolved flour, salt and pepper to taste. Let boil three hours. Mrs. Josephine Wiley.

THE ORIGINAL BRUNSWICK STEW.

"One of three kinds of meat is used in making the stew: lamb, chicken or squirrel. The chicken is first parboiled, cut up as if to fry, put in a vessel and covered well with hot or cold water, the outer skin being taken off. To one chicken a large onion, a slice of middling meat cut in fine pieces, as is the onion, black and red pepper in abundance, also salt. After cooking until the bones can be extracted, they are taken out and more water added, if necessary. Fresh corn and tomatoes chopped fine are now added, a half pound or more of butter, and more salt and pepper, the taste to regulate that, though it is very highly seasoned. Before serving add stale lightbread crumbs, a few pieces of sliced lemon, not for the acid but for the pleasant lemon flavor. Serve in a tureen—it should be of the consistency of thick soup.

When lamb or squirrel is used it is made in the same way as with chicken. Never use beans, potatoes or any vegetables save corn and tomatoes. When of the right consistency, properly made and seasoned, it is considered one of the finest stews and has a national reputation." Ellen Meade Clarke.

VEGETABLE SOUP.

One good soup bone put into a gallon pot filled with cold water—allow to boil until done, remove bone, strain stock and then skim every bead of oil from the surface.

Use "CAPITOLA" PURE WHEAT FLOUR made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

Place in pot again after it has been thoroughly washed. To this add one level tablespoonful of salt, one heaping tablespoonful of sugar, one-half teaspoonful of black pepper, one tablespoonful of rice, one tablespoonful of chopped string beans, one medium spoonful of chopped Irish potatoes, four or five pods of okra, small piece of onion, one-half can of tomatoes. Boil steady for two and one-half hours, but not too hard—serve hot.

Mrs. F. S. Wood.

NOODLE SOUP.

To two or three eggs mix as much flour as will make a stiff dough—roll very thin and let dry ten minutes, then roll tight and with a sharp knife cut any shape you please. Let a pot of water boil, throw in some salt, then throw in noodles. Stir well and cover, let boil two minutes and then stir again. Take up in a strainer and after the hot water has drained, pour cold water over them. Butter and set aside. Pour your soup over them just before serving.

Mrs. Saul Paschstein.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

FISH.

BAKED FISH.

After dressing fish slice both sides close together to the bone, salt well in cavities and sprinkle a thick coat of flour over entire fish. Then put in pan with one cup of water (hot or cold), season with finely chipped onions and celery first. Cook awhile, then season freely with butter, black pepper, Worcester sauce and tomato catsup. Keep covered and well basted all the time it is cooking, about one hour, in hot stove. If dressing is desired make it of bread crumbs, add oysters as you would for a turkey, and bake in a separate pan until almost done. Then put around fish in gravy. Mrs. E. G. Chaffin.

CRABS.

Wash shells and dry. Rinse meat in cold water and wash well. Add one teacupful of mustard, three tablespoonfuls of vinegar, two tablespoonfuls Worcestershire sauce, two tablespoonfuls of peppersauce, one tablespoonful of mustard, pinch of cayenne pepper, a little salt, two hard boiled eggs grated. Mix well, place in shells, sprinkle with cracker crumbs, put a little piece of butter on each one, put in stove and brown.

Mrs. Alfred Rainer.

SALMON PATTIES.

To one can of salmon add half as much mashed Irish potatoes as you have salmon, three eggs beaten light and two tablespoonfuls of boiling water. Put into crusts previously baked in muffin rings and sprinkle over the top

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

bread crumbs, little lemon juice and butter. Bake until they are brown. Serve with a slice of lemon on top of each. Elizabeth B. Bashinsky.

CLAM CHOWDER.

One can (quart) clam, one-fourth cup chopped pork, one onion chopped fine, one tablespoonful butter, one can tomatoes, celery salt, thyme and pepper and salt to taste. Place butter, onion and meat in sauce pan to fry, put clam juice to boil and tomatoes to stew. Chop clams, add to juice, then add strained tomatoes, butter and all the ingredients; let come to a boil and boil a minute or two and serve with toasted crackers or fresh bread.

Mrs. W. C. Black.

BAKED FISH.

Wash a good sized fish thoroughly and fill with the following stuffing: Four crackers, one-half cup bread crumbs, one biscuit, two eggs well beaten, four shallots, salt and pepper to taste; mix well and put in fish, then tie or sew up. Place three skins of bacon in pan under fish and lay three skins on top. Add one cup hot water, bake two hours, basting often. Serve with the following sauce:

To three tablespoons melted butter add four tablespoons flour, mix smooth. Let butter be cool, then add two cups of hot water, little at a time put on stove and stir till it begins to thicken, then add one cup sweet milk and four or six hard boiled eggs chopped fine. Cook till like thick cream. Mrs. W. C. Black.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

OYSTER PATTIES.

PATTIES

Sift one-half pound flour, add pinch salt, make a hole in center, put one ounce of butter, three-fourths cup ice water gradually, mix together and put on ice for five minutes. Have ready seven ounces more of fine butter, roll cold dough slightly, put the seven ounces of butter in center, fold and put on ice ten minutes longer. Roll again and put on ice five minutes, then it is ready for use.

OYSTERS FOR PATTIES.

Have ready as many patties as required. To one dozen patties take three dozen oysters, put in a colander and drain well. Put on stove one and one-half cups of sweet milk, when it comes to a boil stir in two heaping teaspoonfuls of flour that has been rolled smooth with cold milk. Add one teaspoon butter seasoned highly with salt and pepper. When very thick add oysters. Stir constantly, when oysters are plump take from fire. Fifteen minutes before serving fill patties with this mixture, put inside stove to heat thoroughly. Serve at once with green peas and lettuce leaves. Mrs. W. H. Samford.

SCALLOPED OYSTERS.

Put first a layer of oysters and then a layer of cracker crumbs until the desired thickness is reached. Pour over this the juice, from oysters, one-half cup sweet milk and add large slice of butter, salt and pepper to taste. Bake a light brown and serve hot. Elizabeth B. Bashinsky.

OYSTERS AND TOAST.

Toast bread on both sides, and butter. Just before serving lay on a very thin slice of cheese and then oysters. Bake a delicate brown and serve at once on hot dish. Elizabeth B. Bashinsky.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

MEATS.

TO COOK TOUGH MEAT.

Salt and pepper the meat, then flour it thoroughly. Fry in fat until a golden brown, add a little finely chopped onion. Then cover with boiling water and cook two hours, adding more hot water from time to time. Keep the pan covered all the while. Then add one pint of chopped tomatoes and cook one hour longer.

Mrs. Emily McCall.

PRESSED CHICKEN.

Boil a fowl in just enough water to cook it until the bones will slip out easily. Take off the skin, take meat from bones and chip fine. Skin fat off the broth and season with salt, pepper, celery salt and little lemon juice; boil down to one cupful. Butter a plain round or square mold, mix broth and meat and pack carefully. Set on ice to congeal.

Mrs. J. T. Brantley.

STUFFED BEEF HEART.

(*An old-time dish.*)

After washing the heart carefully cut out a small portion lengthwise, then cut out all of the interior, leaving a margin of about an inch. Then cut all the pieces into small parts and mix with two hard boiled eggs, salt and pepper to taste, a medium sized onion sliced and fried brown, two slices of lightbread well toasted, two tablespoonfuls butter. Mix all well and place into the heart with the cut piece carefully placed back and tied. Rub the whole heart over with butter or lard. Sprinkle with

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

flour, put it in a pan a little larger than the heart and cover with water, place in the stove and bake about two hours. Mrs. Josephine Wiley.

CORN BEEF HASH.

Chop six boiled potatoes fine, add corned beef or cold beef chopped very fine, add plenty of butter, two cups of hot water. Put in pan, cover and cook till thick, season to taste. Mrs. W. C. Black.

HAM MOUSSE.

Put enough boiled ham through a mincer to measure one pint. Add to it whites of three eggs beaten stiff. Salt a dash of cayenne and a cup of pure cream beaten stiff. Beat or mix till smooth. Pour into buttered mould and bake. Serve with tomato sauce. Mrs. W. C. Black.

RABBIT CEVIL.

Cut the rabbit in small pieces and soak for several hours in vinegar and salt water. Wash in clear water and wipe dry. Fry a large onion in lard, then fry the rabbit in the same vessel. When done add two tablespoonfuls of vinegar, one tablespoonful of sugar and little flour, two cloves, six grains of spice and cover with boiling water. Let stew until tender. If it becomes dry, add water enough for a rich gravy.

Mrs. Josephine Wiley.

BEEF LOAF.

5-cent soup bone boiled until meat is very tender, grind meat and mix with a cup of cracker crumbs and two well-beaten eggs, salt and pepper and enough of the liquor to make mixture soft enough to form into a loaf. Bake and serve cold. Mrs. J. W. Walters.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

SALADS AND DRESSINGS.

CHICKEN SALAD.

One chicken boiled very tender and cut in small pieces. Boil eight or ten eggs, chop whites, cut up and use as much celery as you have chicken, half and half. Mix celery, chicken and chopped whites with a fork. Mash the yellows of eggs smooth, add one tablespoonful melted butter and about three-fourths cup of stock or fat where chicken was boiled. If not very fat use more butter and less stock. Salt and pepper to taste, one-half cup prepared mustard, small half cup vinegar, one-half cup Worcestershire sauce, one teaspoonful sugar. Add vinegar to eggs and stock when mixed smooth—add slowly—then add the other ingredients when mixed thoroughly, pour over chicken, celery and egg and turn till well mixed.

Mrs. W. C. Black.

CHICKEN SALAD.

Boil chicken until tender. Pull from the bone and cut fine while still warm. Put aside to cool. Prepare a dressing as follows: Juice of three lemons, one tablespoonful of butter, three tablespoonfuls of mustard vinegar, one tablespoonful of sugar, salt and pepper to taste. Stir into chicken with a fork. Before serving add six eggs (boiled), one cup celery, two apples, one cup of walnuts, all chipped fine. Pour Durkee's dressing over dish and serve. Mrs. Joel D. Murphree, Jr.

MAYONNAISE DRESSING.

(With Oil.)

Sprinkle salt and pepper over the yolk of one or two

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

eggs and beat till it thickens. Have dish, eggs and beater ice cold, then add a drop each of olive oil and vinegar till it is smooth and thick and then you may add faster, oil and vinegar till the dressing is smooth and thick, also add a little lemon juice.

Salmon Salad made with the above mayonnaise and celery just as chicken salad and garnished with Pimolar and parsley is quite dainty. Mrs. W. C. Black.

MAYONNAISE DRESSING.

(Without Oil.)

Put a pan of water on the stove to boil. Take a small china bowl and into it put one teaspoonful mustard, two teaspoonfuls sugar, one-half teaspoonful salt, one-half teaspoonful flour, one-half teaspoonful white pepper. Mix this thoroughly and add one egg. Beat till smooth and light, then add a cup of vinegar (if strong vinegar put one-third water). Set the bowl in the boiling water and stir constantly until the dressing is as thick as desired. Mittie Bowls.

DRESSING A LA MAYONNAISE.

One egg or two yolks, one tablespoonful butter, one tablespoonful flour, one tablespoonful sugar, three tablespoonfuls vinegar. Season with white pepper, one-half teaspoon mustard and one small onion (chopped). Cook to a cream. Use with lettuce and tomatoes.

Elizabeth B. Bashinsky.

MAYONNAISE DRESSING.

Yolks of two eggs, tablespoon sugar, heaping teaspoon flour, level teaspoon mustard, salt and pepper. But-

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

ter size of an egg, half cup vinegar and same amount of cream. Cream butter, sugar and flour, add yolks, well-beaten, then the other ingredients. Cook until thick as cream, stirring constantly. Use this as dressing over cold sliced potattoes for potato salad. Is also excellent for chicken salad, using equal quantities of chopped chicken and celery for the foundation. Elizabeth B. Bashinsky.

PEANUT DRESSING.

Mix teaspoonful of sugar, one-half of mustard, one-half of pepper, one of salt. Then add to the batter yolks of two eggs,—to this add one cup of sweet milk, then one cup of boiling vinegar. Cook till it is thick then fold in the whites of two eggs beaten stiff. Flavor with Worcestershire sauce. Mrs. S. O. Carlisle, Dothan.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

VEGETABLES.

SCALLOPED TOMATOES.

Stew one can tomatoes a few minutes, set them off to cool, beat one egg light and add to cooled tomatoes; have ready one cup grated bread crumbs, butter the baking pan, put in a layer of bread crumbs with a little butter and sugar, then a layer of tomatoes, season with salt and pepper; continue to alternate until the last layer of crumbs, butter and sugar. Bake quickly and serve hot. It is not good unless served immediately.

Mrs. Elizabeth B. Bashinsky.

BAKED TOMATOES.

Remove all the inside of tomatoes, then mix the pulp of tomato and cold biscuit, season with sugar and pepper, then stuff and bake, covered with water and sugar.

Mrs. Dillard.

MACARONI WITH TOMATO SAUCE.

Boil macaroni until tender, pour off boiling water and cover with cold water and set aside to cool. Put in sauce pan one can tomatoes, small onion, salt and pepper; cook well for about fifteen minutes, strain, add to this two tablespoonfuls of butter, two tablespoonfuls of flour worked to a paste; place sauce over fire until thick, put in baking dish a layer of macaroni, layer of cheese, then the sauce; alternate until the dish is filled, place in oven for cheese to melt and serve hot.

Mrs. James Allred.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

RECEIPT FOR EGG PLANT.

Pare and slice a large egg plant, cover in cold water and parboil until thoroughly done; mash to a pulp and add a cup of bread crumbs, previously soaked in sweet milk, season with pepper, salt and butter the size of an egg. Put in a baking dish, spread over the top a layer of cracker crumbs dipped in a beaten egg; place in the oven and bake a golden brown. Mrs. Tutwiler.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

EGGS.

BAKED EGGS.

Butter porcelain-lined pan, and break into it eight eggs, put in four tablespoonfuls of rich milk, small pieces of butter over the top, and salt and pepper; bake twenty minutes. Mrs. Samford.

PLAIN OMELET.

To five eggs put one tablespoonful of milk to each egg, butter size of a guinea egg, pepper and salt to taste; beat well before putting in the milk. Grease pan with lard. Mrs. Millie Henderson.

CHEESE OMELET.

Six eggs beaten separately, two tablespoonfuls of sweet milk, three cups of crumbled cheese; cook cheese and milk together until thoroughly mixed, take from stove, stir in yolks of eggs, return to stove, cook a minute, take off again, stir in whites thoroughly beaten, return to stove and brown. Mrs. Glenn.

STUFFED EGGS.

One-half dozen hard boiled eggs cut in halves, remove yolks, mash fine, add three pulverized crackers, one teaspoonful of butter, celery salt, black pepper and salt to taste; add very small amounts of mustard pickle chipped fine and enough vinegar to make ingredients adhere. Make in round and place back in the whites. Cut small pieces of each end of the egg to make it stand well on dish. Mrs. J. T. Brantley.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

BREADS.

SPOON BREAD.

One egg, one cup of meal, one cup of water, one-half cup of buttermilk, one-half teaspoonful baking powders, one-fourth teaspoonful of soda, light teaspoonful of salt, tablespoonful of lard; put in bowl, let get hot and pour batter in bowl for baking; serve hot.

Mrs. Millie Henderson.

WAFFLES.

Two tablespoonfuls of meal, scalded, then add one level tablespoonful of lard and one teaspoonful of salt; when cool add two well-beaten eggs, one pint sweet milk and one quart flour. When ready to bake add two teaspoonfuls of yeast powder. Have irons ready and well greased. Mrs. Millie Henderson.

BEATEN BISCUIT.

One quart flour, two ounces lard, one teaspoonful of salt, make up stiff, with one-half cup of sweet milk and water. Mrs. Millie Henderson.

POP OVERS.

Three cups milk, three cups flour, a little salt; bake twenty minutes. Mrs. Millie Henderson.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

EGG BREAD.

Three cups sifted meal, one cup buttermilk, one-half teaspoonful of soda, one teaspoonful of salt, two eggs; mix well, and add hot lard. Grease pan well and cook in moderately hot oven. Mrs. John Hamil, Jr.

LIGHT BREAD.

Scald one pint fresh sweet milk, add one pint cold water, one tablespoonful of yeast, one tablespoonful of sugar. When this dissolves make into stiff batter with flour. Let rise. Use two-thirds cup of lard, one tablespoonful of sugar, salt and enough flour to make batter into stiff dough. Work thoroughly, grease well and set to rise. Shape into loaves, grease again, let rise and bake. Mrs. J. D. Seals.

YEAST CAKES.

To one pint freshly churned buttermilk, add two tablespoonfuls of yeast cake, one tablespoonful of sugar, one cup finely mashed Irish potato; when thoroughly dissolved make a batter one-half flour and one-half corn meal. When this rises add one tablespoonful of sugar and make to a stiff dough, all corn meal. When this begins to rise make out in cakes and dry in the air and shade. Mrs. J. D. Seals.

DELICIOUS BREAD.

One cup sweet milk, two cups warm water, two tablespoonfuls of sugar, one tablespoonful of lard, one-fourth fresh yeast cake and flour enough to make a moderately

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

stiff dough. Set in warm place to rise, and after it has sufficiently risen, work over. Mould in shapes and let it rise again. Mrs. Josiah Jernigan.

SPOON BREAD.

Put on to boil one quart sweet milk, and when it begins to boil stir in rapidly one pint corn meal, take off the fire and add salt and butter the size of a common egg. When sufficiently cool add four well-beaten eggs, put in a buttered pudding dish or pan and bake to a nice brown.
Mrs. Janie B. Tutwiler.

SALLY LUNN.

One scant cup of sugar, two eggs, one cup milk, one-half cup butter and lard mixed, two cups flour, two teaspoonfuls of baking powder; grate nutmeg over top and bake in a pan with a spout. Serve while warm.
Mrs. Joel D. Murphree, Jr.

MILK ROLLS.

Yeast—One-half an yeast cake dissolved in one-half cup of luke warm water, add one-half cup sweet milk, one tablespoonful of sugar, one-half teaspoonful of salt, a pinch of soda and flour enough to make a thick batter. Dough—one-half cup sugar, one egg, one-half cup butter, one-half cup sweet milk; now add yeast and flour enough to make a soft dough. For rolls for supper make yeast about nine o'clock in the morning, let it stand until it rises about half past twelve, then make dough and let it stand until it rises, then work over, roll out and cut with a cutter. Butter the half and turn together, and

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

mash the edges down well,set in a warm place to rise again and then bake. Mrs.W. C. Black.

BREAKFAST "CONGA."

Take half of the dough from milk rolls before you make it too stiff and add one-fourth of a cup mote of sweet milk, one egg and two tablespoonfuls more of butter; do not make dough too stiff, roll out in a thin loaf, put in a biscuit pan and manage as you do the roll. When done butter the top and sprinkle on plenty of sugar and cinnamon. Put back in oven for a minute or two.

Mrs. W. C. Black.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

CAKES, FILLINCS AND ICINGS.

VELVET SPONGE CAKE.

Two cups sugar, three cups flour, six eggs. Leave out three of the whites to make icing. Beat the yolks and sugar until light, add the whites well-beaten and then add a cup of boiling water. Next add flour and flavor with lemon,—one tablespoonful of baking powder in flour. Bake in layers and put together with icing made of the three whites. Mrs. Millie Henderson.

NUT CAKE.

Whites of six eggs, one cup of butter, one and one-half cups of sugar, two cups of flour, three-fourths cup of sweet milk, one-half teaspoonful of soda, one teaspoonful of cream tartar. Stir sugar and butter to a cream, add milk and part of flour, then whites of eggs and then balance of flour with cream of tartar and soda in it. Bake in three layers.

FILLING.

Beat the white of one egg to a stiff froth, add three-fourths cup of sugar, then add three-fourths pound of English walnuts, ground fine, and three tablespoonfuls of cream. Ice the cake and decorate the top with nuts.

Mrs. R. F. Galloway.

JAPANESE CAKE.

WHITE PART.

One cup of butter, two cups of sugar, one cup of

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

sweet milk, ~~three~~ 3 and ¼ fourths cup of flour, one teaspoonful of baking powder, whites of five eggs beaten to a stiff froth. Bake in two layers.

DARK PART.

Yolks of four eggs, one-half cup of sweet milk, one-half cup of butter, one cup of sugar, two cups of flour, one teaspoonful of cream of tartar, one-half tablespoonful of soda. Add one grated nutmeg, one teaspoonful of cinnamon, one teaspoonful of cloves, two cups of raisins. Bake in one layer. Mary Olive Henderson.

GINGER CAKES.

Two cups of syrup, one-half cup of buttermilk, one cup of lard, one tablespoonful of ginger, a pinch of salt, three teaspoon fuls of soda. Put lard, ginger and salt in flour, put soda in syrup and beat until very light, pour into the flour and then pour the one-half cup of milk in vessels where syrup and soda were mixed and add to flour. Make dough the consistency of biscuit dough.

Mrs. J. P. Wood.

McKEE CAKE.

Whites of six eggs, one cup of milk, two cups of sugar, one cup of butter, four cups of flour, two teaspoonfuls of baking powder. Cream well butter and sugar, add milk, flour and white of eggs well beaten. Divide batter and add to one portion six tablespoonfuls of grated chocolate—bake in layers and put together with cocoanut icing. Mrs. McKee, Meridian, Miss.

JAM CAKE.

Three eggs, one cup of sugar, three-fourths cup of

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

butter, three cups of flour, one cup of jam, one teaspoonful of soda, one-half cup of sweet milk, spices to suit taste. Bake in biscuit pan and put to gether with icing.

Mrs. Joel D. Murphree, Jr.

BLACKBERRY JAM CAKE.

Six eggs, two cups sugar, one and one-half cups of butter, five cups of flour, two cups of jam, two teaspoonfuls of soda, six tablespoonfuls of buttermilk, one nutmeg, two teaspoonfuls of cinnamon, two teaspoonfuls of allspice, two tablespoonfuls of whiskey. Cream butter (unsalted) and sugar, add yolks beaten light, then the jam. Dissolve the soda in buttermilk and add to batter, then the flour, spice and whiskey. Bake from one and one-half to two hours. Elizabeth B. Bashinsky.

PECAN CAKE.

Seven eggs beaten separately, three-fourths pound of butter, one pound of sugar, one pound of flour, one teaspoonful of baking powder, one-half pint of whiskey, two grated nutmegs, one and one-half pounds of raisins, two pounds of pecans and one-half pound of citron.

Celeste Darby.

COCOANUT CAKE.

One cup of butter, two cups of sugar; beat to a cream; one cup of sweet milk, three and one-fourth cups of flour, one spoonful of baking powder; the whites of five eggs beaten to a stiff broth. Bake in layers.

ICING.

Whites of three eggs and enough sugar to make thick.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

Grate a cocoanut and mix with the icing. Spread between layers. Mary Olive Henderson.

JAPANESE CAKE.

Four eggs, two cups of sugar, one cup of butter, three cups of flour, one cup of water, one teaspoonful of baking powder, one teaspoonful each of cloves, spice and cinnamon and one cup of raisins, chopped fine. Bake in layers. add 2 cups grated cocoanut.

FILLING.

Juice of two lemons and a little of the grated rind, two cups of sugar, one cup of boiling water. Place all in a boiler and when it boils well add one tablespoonful of corn starch dissolved in a little cold water. Cook all until it is quite thick, stirring constantly. When it is quite cold, put it between the layers.

Mrs. Dan McCall, Hayneville, Ala.

WHITE CAKE.

Whites of nine eggs, two cups of sugar, three cups of flour, two teaspoonfuls of baking powder, a pinch of soda sifted in the flour, which should be sifted twice. One cup of sweet milk, one cup of butter and one teaspoonful of lemon flavoring.

FROSTING (WITHOUT EGGS).

One cup of granulated sugar, one-fourth cup of sweet milk, stir sugar and milk over a low fire, then let boil five minutes without stirring, remove from fire, set in cold water or on ice, while you stir it to a cream. Flavor as you like. Spread on cake immediately.

Mrs. Will Ogletree.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

PRINCE OF WALES CAKE.

LIGHT PART.

One cup of flour, one-half cup of corn starch, one-half cup of sweet milk, whites of three eggs, one-half cup of butter creamed with one cup of sugar, two tablespoonfuls of baking powder sifted in flour.

DARK PART.

One cup of brown sugar, one cup of sour milk, one-half teaspoonful of soda, one tablespoonful of molasses, two cups of flour, one-half cup of butter, yolks of three eggs, one cup of raisins, three spoonfuls of cinnamon, nutmeg, ground spices. Bake in two layers and put the light and dark layers alternate. Mittie Bowles.

CITRON CAKE.

Whites of six eggs, one cup of sweet milk, two cups of sugar, four cups of sifted flour, one cup of butter, two teaspoonfuls of baking powder, three-fourths pound of citron, chipped fine, in batter. Flavor with lemon. Bake in layers, use marshmallow filling. Mrs. Solomon.

PINEAPPLE CAKE.

Whites of eight eggs, four cups of flour, two cups of sugar, one cup of butter, one cup of sweet milk, two teaspoonfuls of baking powder. Bake in tins.

FILLING.

Boil one teacup of milk, stir in one tablespoonful of corn starch, mixed with cold water, a half tea cup of sugar, one egg, two tablespoonfuls of butter. Take it off the stove and add juice of one lemon, one tablespoonful of lemon extract, one can of grated pineapple.

Mrs. J. S. Copeland.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

PLAIN POUND CAKE.

One pound of flour, one pound of butter, one pound of sugar, ten eggs, beat sugar and yolk of eggs together; cream butter, add it to the beaten sugar and eggs, then add beaten whites and flour alternately. No flavoring.

Mrs. J. K. Marks.

WHITE CAKE.

Take whites of sixteen eggs, one pound of flour, one pound of sugar, three-fourths pound of butter, two level teaspoonfuls baking powder sifted with flour several times. Cream sugar and butter and add whites and flour alternately. Flavor with almonds.

Mrs. J. K. Marks.

FIG CAKE.

Four eggs, one cup of butter, one and one-half cups of sugar, one cup of milk, two tablespoonfuls of baking powder, three and one-half cups of flour. Mix and bake in thick layers. When cool use fig preserves, chopped fine, for a filling between layers. Preserved figs drained and dried in a warm oven and chopped make an excellent substitute for citron in fruit cake. Maggie Duke.

WHITE CAKE.

Whites of ten eggs, two cups of sugar, one cup of butter and one of sweet milk, three cups of sifted flour, one teaspoonful of baking powder well mixed with flour. Whip eggs to stiff froth, cream butter and sugar, gradually adding other ingredients. Flavor with vanilla.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

CARAMEL FILLING.

Two cups of sugar, one cup of butter, one and one-half cup of sweet milk, cook until thick so that it beads from the spoon, stirring constantly. Flavor with vanilla, pour into flat dish and beat until cold. When cold place between layers of white cake.

Mrs. M. C. Henderson.

ONE, TWO. THREE, FOUR CAKE.

One cup of butter, one cup of sweet milk, two cups of sugar, three cups of flour, four eggs, beaten separately, two teaspoonfuls of baking powder. Cream butter and sugar and add the well-beaten yolks of four eggs. Slowly add the milk and two cups of flour and lastly add the well-beaten whites, flour and baking powder. Beat until thoroughly mixed and bake in layers.

This receipt can be used for white cake, by using the whites of eight eggs, leaving out the yolks. When the layers are baked, trim off the brown edge, leaving a pure white cake. Cut in squares of diamond shape and ice. These velvety pure white cakes are very dainty and are better with a candied cherry or half a walnut in the center of each. Mrs. R. A. Burford, Ocala, Fla.

ENGLISH WALNUT AND RAISIN CAKE.

Whites of sixteen eggs, one pound of sugar, one pound of flour, one-half pound of butter, two pounds of raisins, two pounds of English walnuts (in the shell), three teaspoonfuls cream of tartar, one teaspoonful of soda, one-half cup of sweet milk. Cream butter and sugar thoroughly. Add milk, then flour, which you have previously sifted five times with soda and cream of tartar.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

Add whites just before putting in the chopped fruits well flavored. Season with teaspoonful of lemon extract. Bake in layers and when cold put together with cocoanut icing, using fresh cocoanut.

Mrs. Elizabeth Bashinsky.

CHESS CAKE.

Yolks of sixteen eggs, one pound of sugar, three-fourths pound of butter, one tablespoonful of sifted flour mixed in sugar, one tablespoonful of vinegar, nutmeg to taste. Beat eggs thoroughly light, adding sugar gradually as soon as you begin beating. Wash all salt from butter and heat until it boils; add boiling hot to the previously well-beaten yolks, adding butter slowly and beating briskly all the time. Add vinegar and nutmeg and never stop beating until they are put into crust in pie-pans. Bake in slow oven. Materials given sufficient for four cakes. Will keep several days in cold weather.

Mrs. Elizabeth Bashinsky.

STRAWBERRY SHORT CAKE.

To a quart of strawberries (capped and washed) add sugar to taste, mash and put on ice. Make a good biscuit dough, using one quart of flour, roll into an oval cake about eight or nine inches long and five inches wide —put into a quick oven and bake real brown (both top and bottom). Remove from oven to an oblong flat dish and open carefully with a knife. Spread a tablespoonful of fresh butter on each side, add the strawberries to the bottom piece and place the top on, put the few berries that are left on the brown top. Serve with rich cream.

A very delightful dessert may be made by substituting

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

a quart of soft peaches for the berries; also cooked fruits may be cooled and used with good effect.

Mrs. S. F. Wood.

ANGEL'S FOOD.

Beat the whites of eleven eggs to a stiff froth, stir in carefully one cup of sifted granulated sugar, one teaspoonful of vanilla, one cup of flour that has been sifted five times; add this very carefully and mix thoroughly. Bake in an ungreased pan with a spout.

Mrs. Joel D. Murphree, Jr

JAM CAKE.

Three eggs, two cups of flower, three-fourths cup of butter, one cup of sugar, one-half cup of sweet milk, one glass of blackberry jam well mashed, one small teaspoonful of soda mixed with sweet milk. Flavor with spices and bake in a long pan. Mrs. Mollie Talbot.

CROTON SPONGE CAKE.

Six eggs, half pound of butter, one pound of sugar, one pound of flour, two teaspoonfuls baking powder, one cup of sweet milk. Mrs. W. W. Tate.

SPONGE CAKE.

One dozen eggs, one pound of sugar, three-fourths pound of flour. Cream sugar and yolks together, add beaten whites, then add flour and flavor with lemon.

Mrs. W. H. King.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

FRUIT CAKE.

One pound of flour, one pound of sugar, one pound of butter, one dozen eggs, one-half pound citron, one pound of raisins, one pound of dates, one pound of English walnuts, one-half pint of brandy, cinnamon, cloves and nutmeg to taste. Rub fruits with flour thoroughly, cream flour and butter together, yolks and sugar, then add yolks and sugar to flour, then add beaten whites, then brandy and spices.

Mrs. W. H. King.

FRUIT CAKE.

Twelve eggs, one pound of butter, one pound of sugar, one pound of flour, two pounds of raisins, two pounds of currants, one pound of citron, one pound of shelled almonds, one pound of dates, one pound of figs, two tablespoonfuls of mace, two teaspoonfuls of cinnamon, one teaspoonful of grated nutmeg, two teaspoonfuls of cloves and spice, one glass of port wint and one of sherry. Soak fruit over night in one-half glass of brandy and the wine. Add one and one-half teaspoonfuls of soda just before adding the fruit, mix in one-fourth cup of warm water, squeeze wine out of fruit and roll in flour—mix well. Make dough same as for pound cake. Bake in a moderate oven four hours. This makes two large cakes.

Mrs. W. C. Black.

CHOCOLATE SPONGE CAKE.

Put into a boiler one cup of sweet milk and one-fourth pound of chocolate; boil until thick as paste. Take the yolks of five eggs and two cups of sugar, beat until very light, then mix with chocolate—two cups of sifted flour,

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

one teaspoonful of yeast powders in last cup of flour—add well-beaten whites last and bake in long pan. Ice with chocolate icing. Mrs. Millie Henderson.

POUND CAKE.

One pound of butter, one pound of sugar, one pound of flour, one dozen eggs; cream butter and flour. Beat yolks and add sugar, then mix it all and add the well-beaten whites and bake. Mrs. Millie Henderson.

MARVELLS.

Five eggs (beat separately)—to the yolks add two cups of sugar, drop in flour a large tablespoonful of lard, add sugar and eggs and the well-beaten whites to flour to make a smooth dough. Roll out and fry in hot lard. add 1 tea spoon of salt. Mrs. Millie Henderson.

MINUTE CAKE.

One cup of butter, two cups of sweet milk, three cups of sugar, five cups of flour, five eggs, two teaspoonfuls of baking powder and one teaspoonful of salt. Flavor to taste. Beat the whites of eggs well, add all and beat thoroughly. Bake as you would pound cake. It is very nice served with hot sauce.

Mrs. Josephine Wiley, Greensboro, Ala.

FEATHER CAKE.

Two cups of sugar, one tablespoonful of butter—cream this and add egg beaten in thoroughly, then add

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

two cups of flour, one cup of sweet milk, two heaping teaspoonfuls of baking powder. Serve with chocolate sauce.

CHOCOLATE SAUCE.

Three-fourths cup of sugar, two heaping tablespoonfuls of butter, one-fourth cup of grated chocolate, the yellow of one egg, about half a cup of hot water. Place on the stove and stir until it thickens.

Mrs. Alex. Allen, Tenn.

MATRIMONY.

Beat the whites of two eggs to a stiff froth, sift flour and stir it until you have a stiff dough, add a little salt to the dough. Roll out as thin as possible and cut into one-inch squares. Drop one piece at a time in boiling lard; as soon as it rises turn over and then it is done. Lay it on a dish and sprinkle with sugar while hot. All has to be done quickly so as not to brown the cakes.

Mrs. J. Wiley, Greensboro, Ala.

MRS. CLAWSON'S WEDDING TARTS.

Make rich pie dough, roll it thin and cut with a biscuit cutter, take half of the pieces and cut three holes in them with a thimble. Bake a creamy brown. Take a solid piece and spread it thick with jelly, then take a piece with holes in it and press on the solid piece until the jelly comes through. Mrs. Atwood.

SHUCKS.

Yellows of one dozen eggs, well-beaten,—sift flour

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

and add a little salt, work the eggs in the flour enough to make a stiff dough. Roll very thin and cut in strips, leaving one end uncut. Fry in sufficient hot lard to float —remove from fire and sprinkle immediately with sugar.

Mrs. W. H. King.

DOUGHNUTS.

Two cups of sugar, one cup of sour milk, one teaspoonful of soda, three eggs, a lump of butter the size of and egg; add flour until stiff enough to roll nicely. Sift half teaspoonful of baking powder in the flour, flavor very little. Fry in boiling lard.

Mrs. Will Ogletree.

FRENCH CAKE.

Two cups of sugar, one cup of butter, one cup of milk, three cups of flour, three eggs, one teaspoonful of soda, two teaspoonfuls of cream of tartar, one cup of chopped raisins. Beat butter and sugar to a cream, add the eggs well-beaten, dissolve soda in the milk and mix cream of tartar with the flour, use spices—add raisins last. Bake in rather quick oven. Mrs. W. A. Ogletree.

AMMONIA TEA CAKES.

One pound of sugar, one cup of butter, five eggs beaten separately, one tablespoonful of ammonia, dissolved in water, two pounds of flour. Roll thin and bake quickly. Mrs. Elizabeth B. Bashinsky.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

SPICE GINGER CAKES.

Two eggs, one-half cup of sour milk, one-half quart of molasses, one-half cup of sugar, one-half cup of butter, one-half cup of lard, one-half tablespoonful of ginger, one teaspoonful of cinnamon, one of allspice and cloves. Mix one-half tablespoonful of soda beaten into the molasses. The eggs and sugar should be beaten together as for cake and the butter worked into the flour. After mixing thoroughly handle as little as possible. Flour your board well, as the dough should be as soft as can be handled. Roll quartetr of an inch thick, cut any shape and bake in a quick oven. Mrs. Will Ogletree.

SWEET WAFERS.

One pint of flour, one teacup of sugar, three eggs, one tablespoonful of butter. Flavor with lemon, mix into batter as for cake and bake in wafer irons.

Mrs. A. H. Rainer.

LEMON SNAPS.

One large cup of sugar, a little more than one-half cup of butter or a little less than one-half cup of lard, two eggs, two tablespoonfuls of hot water, one-half teaspoonful of soda, strained juice of one lemon. Flavor with extract and roll very thin. Should not be worked much and bake quickly. Mrs. Will Ogletree.

SNOW CAKE.

Not quite one cup of butter, two of sugar, three of sifted flour, one cup of sweet milk, whites of five eggs,

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

one teaspoonful of yeast powder, bake in jelly tins. Put frosting of cocoanut between the layers—ice the cake and sprinkle dry cocoanut over the top.

Mrs. Will Ogletree.

CREAM PUFFS.

One-half cup of butter, melted in one cup of hot water; put in a small tin pan on the stove to boil and while boiling stir in one cup of flour; take off and let cool. When cold, stir in three eggs one after the other without beating. Drop on buttered tins and bake in a hot oven twenty to thirty minutes.

FILLING.

One cup of milk, one egg,one-half cup of sugar; thicken with corn starch and flavor with vanilla.

Mrs. J. T. Brantley.

ICING.

Two cupfuls of sugar with one of water. Boil until it begins to "thread." Pour slowly over the well-beaten whites of two eggs. One teaspoonful of vanilla, one-half teaspoonful of baking powder (this prevents crumbling). Mrs. Joel D. Murphree, Jr.

ICING.

Put one cup of sugar in a boiler and pour one-fourth cup of water over the sugar, add one-fourth teaspoonful of cream of tartar and a small piece of butter. Let boil six minutes. Pour while hot over the beaten white of one egg and cream until smooth. Donie Walters.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

SWEET WAFERS.

Two ounces of butter, one-half pound of sugar, one-half pound of flour, five eggs, beaten separately. Bake in wafer irons, well greased, and while hot roll over knife.

Mrs. Millie Henderson.

DOUGHNUTS.

Three-fourths cup of sugar, two eggs, two tablespoonfuls of butter, one-fourth cup of sugar, four teaspoonfuls of baking powder, one-half teaspoonful of extract of cinnamon, one-fourth teaspoonful of cloves, one cup of sweet milk added alternately. A little salt. Mix stiff enough to roll and fry in hot lard. Mrs. Millie Henderson.

ICING.

Take three cups of granulated or pulverized sugar, put in a pocelain or tin vessel with one-half cup of clear water to dissolve sugar; place vessel on stove and let boil until it will rope from a spoon like candy—it is then ready to take off. Beat the whites of three eggs and strain syrup into the bowl containing the whites—beat all the time you are straining the syrup and continue beating until it is stiff enough to pour on your cake without running off and showing the cake through. Place the cake bottom side up on a large dish, pour icing over the middle of a cake and it will run all over the cake and be as smooth as glass. Flavor with lemon and tartaric acid to suit the taste. If you find the icing too thin, place the bowl containing it in a vessel of boiling water, stir while cooking and it will soon be as thick as you want it.

Mrs. B. W. Stark.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

T
.W5
1903

#44232

PUDDING, PIES, CUSTARDS AND SAUCES.

RAISIN PUDDING.

Layer of light bread sliced thin, with a little butter spread over it, spread a layer of raisins after seeding them, sprinkle sugar over that. Alternate the layers of bread and raisins until pan is nearly full and steam. Make a custard of the yolks of six eggs, two cups of sweet milk, with sugar to taste, flavoring with lemon. Put into a pan to bake. Beat the white very stiff and add a tablespoonful of sugar to each white. After custard is baked, cover with the meringue and brown.

Mrs. W. W. Tate.

JELLY CUSTARD.

Three-fourths cup of sugar, heaping tablespoonful butter, two eggs, teaspoonful of flour, glass of jelly. Bake on pastry. Mrs. Millie Henderson.

BUTTERMILK CUSTARD.

Three eggs, one-half cup of butter, two cups of sugar, one tablespoonful of flour, one cup of sour buttermilk. Flavor with grated orange peel.

Mrs. Millie Henderson.

LEMON CUSTARD.

Take one cup of sugar, the yolks of three eggs, two teaspoonfuls corn starch, small pinch of butter, juice and

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

rind of one lemon, one cup of hot water. Bake in one crust. Beat the white with three tablespoonfuls of sugar, place on pie when done and put in oven to brown.

Mrs. Millie Henderson.

CORN MEAL PUDDING.

Five spoonfuls of cornmeal, seven spoonfuls of sugar, six eggs, whites and yolks beaten separately. Baked brown and served with any pudding sauce preferred.

Mrs. Josephine Wiley.

APPLE PUDDING.

Pare and slice eight apples, toast about eight slices of lightbread. Butter a pudding pan, and place a layer of bread on bottom, then layer of apples and so on until the pan is nearly full. Then pour over a nice egg custard and bake. You must butter the bread.

Mrs. Josephine Wiley.

LEMON CUSTARD NO. 2.

For two custards use five eggs, one-half cup butter, one and one-half cups sugar, juice of one lemon, one-half teaspoonful of vanilla.

Meringue: Use white of eggs and one-half cup of sugar.

Mrs. J. B. Hilliard.

LEMON CUSTARD NO. 3.

Five eggs, one cup of sugar, two tablespoonfuls of melted butter, teaspoonful of flour, juice of one lemon

Use "CAPITOLA" PURE WHEAT FLOUR made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

and half of grated rind, one cup and half of water. Bake on very thin pie crust. Beat whites very stiff, add one tablespoonful sugar for each egg and bake in moderate oven. Mrs. Opehlia Wiley.

MOCK MINCE PIE.

One cup cracker crumbs, one cup melted butter, one cup raisins (seeded and cut), one cup of apples (peeled and cut into small chips), one-half cup of vinegar, one and one-half cupfuls sugar, one teaspoonful cinnamon, one-half teaspoonful cloves. If mixture is a little dry, add cup of cold water. Mix and bake as you would mince pies. Mrs. J. T. Brantley.

QUEEN PUDDING.

Three eggs, one pint sweet milk, one-half cup sugar, three cups of cake crumbs. Beat one and two yolks, reserving two whites for meringue. Add sugar, milk and crumbs. Steam for one hour, then add the whites well-beaten with a little sugar and place in oven for meringue to brown. Serve with some rich preserve, cherry, strawberry or raspberry preferred. Mrs. James Alldred.

GINGER PUDDING NO. 4.

Four eggs beaten separately, two cups molasses, one cup of sugar, one cup butter, six cups flour, ~~two~~ tablespoonfuls soda in one-half cup buttermilk, two tablespoonfuls ginger, one of cloves and one of cinnamon. Cream butter and sugar, add molasses, yolks, flour, buttermilk,

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

with soda, white of eggs beaten stiff and spices in order given. Serve with wine sauce.

Elizabeth Bashinsky.

PLUM PUDDING.

Make a batter of one egg, one cup of buttermilk, one-half teaspoonful soda and flour enoug to make a stiff batter; one-half cup each of raisins and currants. Put in bag and plunge in boiling water; let boil one-half hour. Serve with butter sauce while hot.

Mrs. R. F. Galloway, Griffin, Ga.

GRAPE PIE.

Ingredients for one pie. One egg, one cup sugar, one cup of ripe grapes. Beat egg and add sugar, then the grapes just before putting into stove. Bake in pastry with cross barred top. Elizabeth B. Bashinsky.

CREAM COOKIES.

Dissolve one teaspoonful soda in a little warm water and add to one cup of sour cream. Cream one cup butter with two of sugar, two eggs well-beaten without separating, add sufficient flour to make soft dough, roll thin and cut in cakes. Bake in greased tins.

Mrs. J. T. Brantley.

WINE SAUCE.

Butter size of an egg, one cup of sugar, one teaspoonful of flour sifted in sugar, one small glass of wine, or

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

two tablespoonfuls of brand-- one teacup of boiling water poured on and set to simmer about ten minutes. Cream butter, sugar and flour, add egg well-beaten, wine or brandy, and last the boiling water.

Elizabeth Bashinsky.

PUDDING SAUCE.

Two cups sugar, one tablespoonful of butter, one egg beaten separately, one cup of hot water. Melt the sugar on top of stove to a light brown color, constantly stirring to prevent scorching. When dissolved put in the butter and the well beaten yolk. Mix thoroughly, then add the hot water. Keep stirring and when boiled to a syrup add the beaten white. Serve while warm.

Miss Annie Chaffin.

GINGER PUDDING.

One egg, one tablespoonful of butter, one cup of buttermilk, two cups of flour, one-half cup of molasses, one-half of sugar, teaspoonful of soda, one and one-half of ginger.

Mrs. W. H. Samfrod.

BROWN BETTIE.

Four medium sized apples pared and sliced, one cup of light brown sugar, butter size of egg, one-half teaspoonful each of cloves and cinnamon, one quart bread crumbs. Grease bowl and put layer of apples, layer of bread crumbs, sprinkle a little cinnamon and cloves, a

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

little butter and so on to the top, then pour a little milk and water mixed over it. Bake a light brown. Serve with whipped cream. Mrs. Atwood.

BISCUIT PUDDING.

Take one large tablespoonful of butter, stir with it one cup of sugar, add the yolks of four eggs and beat well. Add one cup of biscuit or bread crumbs, soaked in one cup of sweet milk. Add another cup of sweet milk. Butter a baking dish or pan, put the mixture in it, then flour one cup of seeded raisins and put in the mixture. Bake until the pudding is set and cover with meringue.

Mrs. Bailey Talbot.

Nut Bread
3 cups flour
3 level teaspoons B powder
one " " salt
3/4 cup sugar
Beat one eggs light
Add 3/4 cup sweet-milk
to sifted flour
one cup chopped nuts
" " raisins then mix well
then put in pan let stand 10 minutes
" " " stove with moderate oven bake 48

minutes — Mrs Willie Graham Dec 15 " 1925

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

ICE CREAM, SHERBERT AND OTHER DESSERTS.

CHOCOLATE ICE CREAM.

Put on at breakfast time one quart fresh sweet milk, to which add one tablespoonful of corn starch, dissolved in a little milk, with a tumbler of sugar and four tablespoonfuls of grated chocolate. Bring to a boil, stirring constantly. Take from the fire and stir through a sieve; when cold flavor with a teaspoonful of vanilla, add one pint of rich cream and freeze. Janie B. Tutwiler.

WHITE CHARLOTTE RUSSE.

One-half box gelatine put to soak in warm water, one and one-half cups of sugar, one cup of sweet milk, let come to a boil and set aside to cool for a few minutes, then add gelatine. Set on ice until it begins to congeal, then add one-half pint of cream and whites of four eggs beaten until stiff; flavor with sherry.

Mrs. Bill Brantley.

WHITE CHARLOTTE.

Soak one-half box of gelatine in cup of cold water. Let one and one-half cupfuls of sweet milk and one cup of sugar come to a boil, pour over gelatine. Stir into the mixture when partially congealed one pint of whipped cream—stir for some time. Add whites of three eggs beaten to a stiff froth. Flavor. Mrs. J. S. Beard.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

ORANGE SHERBET.

Five cups of water, two cups of sugar boiled together. Cool and add two cups of orange and one-half cup of lemon juice.

CHARLOTTE RUSSE.

One-half ounce of gelatine dissolved in one teacup of sweetmilk. One pint of sweet cream sweetened with powdered sugar and flavored with vanilla. Whip this awhile, then whip in the cooled milk. When this is all whipped, whip into this the whites of seven eggs previously beaten to a stiff froth. Pour into moulds lined with lady fingers. Mrs. Mollie Talbot.

MARGUERITES.

Mix one pound of nuts ground fine and one pound of seeded raisins in frosting. Spread between crackers and place in stove until hot through. Mrs. Ben Gardner.

STRAWBERRY CREAM.

To two quarts of strawberries add two cups of sugar, crush and let stand at least one hour, then strain. To two quarts of milk add eight tablespoonfuls of sugar. Scald, do not boil milk. When cool add to milk one pint of thick cream, and put in freezer. When it begins to freeze add the strawberry juice. Mrs. S. J. McMath.

MILK SHERBET.

Half a gallon of sweet milk; from this take one pint

Use "CAPITOLA" PURE WHEAT FLOUR made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

and place on stove until it almost boils. Pare four or five lemons and over this peeling pour the hot milk; cover closely and let stand until cold. Then pour off the milk, and add the remainder of milk, sweeten to taste, making very sweet, and add one tablespoonful of vanilla. Put in the freezer, turn till it begins to freeze, then add the juice of the lemons sweetened a little and freeze hard. After I put the lemon juice in I usually add a cup nearly full of sherry wine, which greatly improves the receipt. The receipt does not call for the wine, for it is splendid without it.

Mrs. John P. Hubbard.

STRAWBERRY SHERBET.

Wash one quart of beries, put in a bowl and cover well with sugar. Let stand twenty to twenty-four hours. Four lemons, one orange, one pound sugar, one quart water. Boil sugar and water together, cut rinds of lemons and oranges into small pieces, boil with sugar and water. Strain. When cool put juice of lemons and oranges. Also berries. Freeze. Blackberries can be used instead of strawberries. Do not let stand over, boil and use juice instead of the water. Mrs. S. T. Young

WHITE CHARLOTTE.

White of six eggs, two cups of granulated sugar, one box of Knox gelaine, one quart sweet cream, one lemon, four oranges. To the gelatine pour one cup cold water, let stand awhile, then add one pint boling water, stirring till thoroughly dissolved. Add the juice of lemon and oranges, also the sugar. Beat in the cream and eggs (previously whipped), stirring frequently until con-

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

gealed. If cream cannot be had, use one pint cream and one pint sweet milk. It is better served with whipped cream. Mrs. M. C. Henderson.

PINEAPPLE BAVARIAN CREAM.

Boil one can of grated pineapple and one small cup of sugar together for ten minutes. Stir to this one-half box of gelatine, which has been soaked in cold water. Whip one pint of cream, and when mixture has partially congealed add the cream. Add the whites of three eggs beaten to a stiff froth. Mrs. J. S. Beard.

ICE CREAM.

One pint sugar, two quarts cream, one quart of milk, whites of four eggs—flavor to taste. Now whip the cream with half the sugar, put in freezer with milk. When half frozen add the remaining sugar beaten with the whites.

Miss Willette McMillan.

STUFFED FIGS AND DATES.

Simmer the fruit a few minutes in a little water and wine. Remove the fruit and dry on paper. Take out the seed of dates.

FILLING.

Chopped with a few raisins, preserved ginger, formed into a paste, season with sugar, add wine or syrup from the preserved ginger. Roll the fruit in powdered sugar.

Emily McCall.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

APPLE FLOAT.

Stew six large apples till perfectly soft. Remove from fire and cool. Beat the yolks of four eggs, add one cup of sugar and mix with fruit. Let this remain in the stove till the egg is done. During the time this is baking, beat the whites of eggs to a stiff froth, adding three-fourths of a cup of sugar, spread on top and bake a delicate brown.

Mrs. J. P. Wood.

CREAM GELATINE.

One box Knox's gelatine dissolved in one pint of cold water, let stand one hour, add one and one-half pints boiling water, two teacups of sugar. Flavor with strawberry or lemon. Churn one-half gallon cream, add white of two eggs well-beaten, flavor with vanilla. Stir in the jelly when almost congealed. One-fourth of this quantity is enough for eight people. Mrs. Will Ogletree.

BOILED CUSTARD.

One-half gallon sweet milk, six eggs, eleven tablespoonfuls of sugar, five teaspoonfuls of corn starch or flour. Let milk come to a boiling point. While it is heating beat the yolks until they are very light, adding as you beat the sugar and flour, which have been previously sifted together. Next add the whites beaten stiff, and pour in the hot milk. Cook in vessel, which must stand in another shallow vessel containing hot water. Stir constantly until foam disappears. When cold flavor with three tablespoonfuls of whiskey and one-half teaspoon of vanilla and freeze. Elizabeth B. Bashinsky.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Crosskrey and Gilmore's Stables.

CHAMPAGNE CREAM.

Make a boiled custard of three pints of milk, six eggs, one and one-half cups of sugar. Place in freezer when cold, add one quart of cream well-beaten, and one glass of sherry wine. Henrietta W. Gardner.

APRICOT CREAM.

Rub one can of apricots through a sieve and sweeten to taste, or one and one-half cups sugar, mix well, put in freezer and when it begins to freeze beat the white of one egg and put that and the apricots in and finish freezing. Mrs. E. Golson.

MILK SHERBET.

One quart sweet milk, three-fourths cup sugar, one-half teaspoonful vanilla, two lemons. Take one-half pint of the milk and let come to a boil, and pour over lemon peels, let stand awhile and mix with the rest of the milk, sweetened and flavored. Put in freezer and when partly frozen add lemon juice. Mrs. H. White.

DELMONICO CREAM.

One pint milk, two cups granulated sugar, one cup of flour (scant), two eggs, two tablespoons of gelatine, one quart cream, one quart candied cherries. Let milk come to a boil, mix flour and sugar together, then beat in eggs and stir in boiling milk. Cook twenty minutes and add the gelatine, which has been soaking one hour in enough water to cover it. Set away to cool. When cool add fruit and cream and freeze.

From Delmonico Restaurant, New York City.

Use "CAPITOLA" PURE WHEAT FLOUR made by ATLANTA MILLING CO.

PICKLES AND PRESERVES.

CHILI SAUCE.

Thirty large ripe tomatoes peeled and sliced, eight onions, five green peppers, six tablspoonfuls of sugar, one and one-half spoons of salt. Cook one and one-half hours until thick. Mrs. Patterson, Tuskegee.

add vinegar according to judgment.

MUSTARD SAUCE.

One egg beaten separately, stir two teaspoonfuls of mustard into the yolks alternately with the same of creamed butter, then a teaspoonful of salt and same of sugar. Then the whites well beaten in half a cup of vinegar. Put on and stir constantly until it thickens.

Mrs. W. H. Samfrod.

TOMATO CATSUP.

Cut up ripe tomatoes and put in kettle with a little water, after cooking thoroughly strain through sifter, measure juice and to every gallon put in one quart vinegar, three cups sugar, two tablespoonfuls salt, two of mustard, two black pepper, two whole spice, one of cloves, six large onions. Cut up six green peppers and boil all down to one-half quantity. Mrs. J. B. Knox.

CHOW CHOW.

Slice tomatoes and sprinkle each layer with salt over

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

night, press out the juice, and to two-thirds tomatoes put one-third onions (don't squeeze onion), cover the whole with vinegar, sweeten to taste, cloves, allspice and nutmeg to taste. Mrs. Hernandez, Birmingham, Ala.

MUSTARD PICKLE.

Two quarts cucumbers, two quarts green tomatoes, two quarts small white onions, three green peppers, one head cauliflower or cabbage, chop fine and put into weak brine for twenty-four hours, then scald in same water until tender, drain. Sauce: Two quarts vinegar, one cup flour, two cups sugar, six tablespoons of mustard, one tablespoon tumeric, mix and stir into the other mixture; cook until thick, stirring all the time *very fine.*

Miss May Echols.

UNCOOKED PICKLE.

Slice the cucumbers about one inch thick; slice four good sized onions to one-half cucumbers, salt and put one level teaspoonful of black pepper, a little red pepper, mix; place in jar, pour vinegar enough to cover, screw on top, put away until wanted for use.

Miss May Echols.

CRANBERRY SAUCE.

Wash and pick over three pints berries, put them in a sauce pan over the fire, cover with three cups boiling water and put the cover on the sauce pan; when the ber-

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

ries begin to pop take from fire, pour through a colander, add three cups granulated sugar and stir until it dissolves. Cranberry sauce should not jelly.

Mrs. J. D. Williams.

APPLE BUTTER.

Peel apples and cook to a mush, strain and to each pound of fruit add one-half of sugar, stir constantly. Put away in glass jar. Mrs. J. P. Wood.

TOMATO SAUCE.

Boil one-half can tomatoes twenty minutes. Add tablespoonful of chopped onions and burnt onion juice, strain and add two tablespoons of flour, one cup cold water, mix smooth, place altogether and boil till it thickens. Mrs. W. C. Black.

SWEET TOMATO SAUCE.

Pour boiling water over tomatoes and peel, mash up, add to two cups tomatoes, one and one-half cups vinegar and one cup sugar, then cinnamon, cloves, spice and nutmeg to taste. Place all in a kettle and boil until it thickens. Mrs. W.C. Black.

TOMATO CATSUP.

Wash and mash your tomatoes, put in a preserving

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

kettle, boil one hour; strain the mass through a sieve and then to four quarts liquid add one quart vinegar, two tablespoonfuls of salt, two ground mustard, two black pepper, one whole allspice, one teaspoonful cloves, one ground cinnamon, one of mace, two lemons sliced, two large onions cut fine, six green peppers, one cup brown sugar; boil down to one-half, strain off the spice. Bottle when cool.

SWEET TOMATO SAUCE.

Peel after pouring boiling water over the fruit, then take the tomatoes mashed up without water. To two cupfuls of tomatoes, one cup sugar, one and one-half cups good vinegar, add brown cloves, cinnamon and spice to taste, then boil until thick enough.

Mrs. John P. Hubbard.

GRAPE MARMALADE.

Wash, pick over and mash the grapes, heat slowly and boil until very soft, then turn into a sieve and rub with a wooden potato masher until all but the seeds and skins have gone through. Put what remains in the strainer in a little cold water and rinse well until all the pulp is free from the skins. Then strain again and add this water to the pulp. Boil slowly for half an hour. Measure the pulp and add an equal measure of sugar; cook again for ten minutes, or until it boils up in thick bubbles, turn into small jar and cover tightly. This is excellent with meat or as a fruit sandwich.

Miss Ellen Hamil.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

SPICED GRAPES.

Eight pounds of grapes mashed and cooked enough to strain out the seeds and skin, then add four pounds sugar, one quart vinegar and one tablespoonful each of cinnamon and allspice and two teaspoonfuls of cloves. Simmer three hours. Miss Ellen Hamil.

PLUM SAUCE.

Seven pounds of plums after they are cut from the seed; have them not quite ripe; to this quantity put four pounds sugar, one quart vinegar, and spice to taste, using ground cloves, spice and cinnamon; then cook all down thick. Mrs. John P. Hubbard.

SWEET PEACH PICKLE.

To each pound of fruit use one-half pound sugar, have the water boiling when the fruit is dropped into it, as this prevents the fruit from getting soft. Be sure and cover entirely with water. As soon as fruit boils remove from water with a ladle, place on flat dishes, stuff with cloves and spice; have vinegar and sugar boiling when the fruit is returned to kettle. Seal while hot. To eight pounds fruit use four pounds sugar and one pint vinegar. Mrs. J. P. Wood.

SWEET PEACH PICKLE.

Select nice firm peaches, peel and weigh them. To every pound of peaches put one-half pound sugar. First

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

put peaches in kettle with just enough boiling water to cover, and as soon as it comes to a boil take out peaches and throw away water; then put peaches and sugar in kettle and put in enough good strong vinegar to cover, then let it come to a boil. When cooking fruit the second time, put the bags of spice in the kettle, tie in each bag a teaspoonful each of cinnamon, mace and cloves. After coming to a boil the second time fill jars with fruit and one bag of spice, then let the syrup cook till thick. When ready to pour up sugar be sure to fill the jars, then seal air-tight. Mrs. W. A. Sims.

FIG PRESERVES.

Have the figs firm and not over ripe; peel, leaving about half the stem. To one pound fruit add three-fourths pound sugar, let stand over night; by morning there is sufficient quantity of juice without addition of water. Put on hot fire, let come to a boil, remove figs, placing in sun; boil the juice until it begins to thicken, then replace the figs, letting cook over a moderately hot fire. When done, place in jars and seal.

Ophelia R. Wiley.

WATERMELON RIND PRESERVES.

Peel and cut rinds, then put them in salt water, cover with a plate, let stand five days, then put fresh water to them, changing often until the rinds are fresh; then put in a brass kettle a layer of grape leaves, then rinds, then sprinkle a little alum over them, then continue to put rinds, grape leaves and alum until all are used up. Sim-

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

mer gently for a short time, take up and drop rinds in cold water for a little while, take out, drain for a short time, then weigh the rinds, allowing one and one-half pounds of white sugar to one pound rinds, put in water enough to dissolve the sugar good. When it comes to a good boil, put in the rinds, cooking slowly until syrup thickens and until rinds are done.

Mrs. John P. Hubbard.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

CONFECTIONERIES.

CHOCOLATE FUDGE.

Three cups of sugar, two cups of sweet milk, one tablespoonful of butter, one-quarter of a cake of bitter chocolate, one-half pound of pecans or English walnuts. Let milk and sugar cook about five minutes, then put in chocolate. The nuts may be omitted, but if used, put in just before it is taken from the fire. Cook until thick and beat briskly until stiff. Pour on buttered marble and cut into squares. Susie Segars.

SUGAR CANDY.

Dissolve two cups of sugar in one-fourth cup of water. Let this boil, then put in one teaspoonful of cream of tartar dissolved in water. Cook until it will harden if dropped in water. Pour into a buttered dish and pull as soon as cool. Pull in the open air and do not let the fingers touch the candy only on the ends. Susie Segars.

COCOANUT CANDY.

To one large grated cocoanut use two large cupfuls of sugar. Dissolve the sugar in water and cook until it ropes. Then add cocoanut and cook about three minutes, stirring constantly. Pour on buttered marble and cut when cool. Susie Segars.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

CHOCOLATE FUDGE.

Three cups of sugar, three-fourths cup of water or milk, one tablespoonful of butter, one-half cake of bitter chocolate. Place all on the fire except the chocolate, and when beginning to heat put in the chocolate—it will melt easily without grating. Let it boil very rapidly five minutes, stirring constantly and always turning the spoon the same way. Take off and beat until creamy. Pour on buttered plates and when cool cut into squares. If it doesn't cream quickly, it hasn't cooked enough, and can be put on the stove again.

Miss Annie Chaffin.

KISSES.

Boil two cups of sugar as for icing, pour over the beaten whites of two eggs, add two teaspoonfuls of Royal Baking Powder, flavor with lemon, vanilla or rose, drop about a spoonful in spaces on buttered paper or very smooth pan and cook in a warm, not hot oven.

Ophelia R. Wiley.

CHOCOLATE BARS.

Three cups of sugar, one cup of sweet milk, three tablespoonfuls of butter, two tablespoonfuls of melted chocolate. Boil all together until rather thick. When taken from the fire flavor with vanilla and beat until it begins to sugar and then pour in a buttered dish. When cold, cut into bars. Miss Daisy Pierson.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

CHOCOLATE CARAMELS.

One cup of shaved chocolate, one cup of syrup or brown sugar, one-half cup of milk or one cup of cream, one cup of sugar. When nearly done, if milk is used, add a piece of butter the size of a walnut; stir until perfectly dissolved, but not after it begins to boil. It is done when it becomes brittle after dropping into cold water. Pour about one-half inch thick into buttered plates and when nearly cool cut with buttered knife into small squares. Mrs. J. T. Brantley.

CHOCOLATE MACAROONS.

Mix well one pound of pulverized sugar with the whites of six eggs beaten stiff, add half a pound of sweet chocolate, grated fine, and a teaspoonful of vanilla. Drop in buttered tins and bake in a slow oven.

Mrs. Joel D. Murphree, Jr.

COCOANUT CANDY.

Four cups of sugar, one cup of water, stir only until sugar dissolves. When sugar threads, stir in one large grated cocoanut, then stir until done. After taking off fire, stir until partly cool and pour out on marble.

Mrs. W. H. King, Dothan, Ala.

NUT CREAM CANDY.

One pound of sugar, one cup of sweet milk, two table-

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

spoonfuls of butter, one cup of chopped nuts. Dissolve sugar in milk, add butter, let all cool, stirring occasionally. When thick remove from fire, add nut meats and whip until very thick, then pour on buttered slab; when it begins to harden cut in squares.

Mrs. Lamar Jernigan.

CHOCOLATE CARAMELS.

Three cups of sugar, one-half cup of molasses, one cup of sweet milk, one-half cup of butter, one cup of grated chocolate. Dissolve sugar in milk, add butter, molasses and chocolate, let all boil until thick, stirring constantly. Remove from fire, whip a few minutes and then pour on buttered slab. When it begins to harden, mark off in squares, so it can be easily broken when cool. Flavor when taken from the fire, if preferred.

Mrs. Lamar Jernigan.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

BEVERAGES.

PUNCH.

Two dozen lemons, two dozen oranges, two cans white cherries, two cans of sliced pineapple, juice of one gallon of strawberries, one gallon of carbonated water, one-half gallon apollonaris water, one pint of rum. Sweeten to taste. Chill well with crushed ice before serving.

Mrs. E. M. Shackleford.

FRUIT PUNCH.

Three dozen lemons, one dozen oranges, two cans of pineapple, one jar of cherries, two bottles extract of strawberries. Scoop out pulp of oranges and lemons and let it stand all night on ice. In the morning strain and add the pineapple, chopped fine, the extract of strawberry and sugar and water as the judgment dictates. Also ice.

Mrs. Barnes.

A REFRESHING DRINK.

Dissolve two-thirds cup of cream of chocolate in two cups of boiling water, add one cupful of cream or rich milk. Let stand until cool, then fill glasses one-third full of crushed ice, pour chocolate over, stir and serve, or pack in ice thirty minutes and serve without ice.

Mrs. Young.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

GRAPE JUICE.

Pick the grapes from stems and put on fire in vessel, add water sufficient to float them. Boil until soft, then strain through cheese cloth. Add sugar to taste. Return to the fire and let come to a boil. Fill hot bottles while boiling and seal. Mrs. R. F. Galloway.

CREAM NECTAR.

One ounce of tartaric acid, one ounce of cream of tartar, one and one-fourth pounds of white sugar, one pint of water, whites of two eggs well-beaten, one tablespoonful of wheat flour. Put all in a pan and heat gently but not to boiling point. Flavor to suit taste.

DIRECTIONS FOR USING.

To a glass two-thirds full of water, add as much soda as you can place upon a dime and three tablespoonfuls of the syrup. Stir and drink. Mrs. Josephine Wiley.

GRAPE NECTAR.

Put on the grapes and boil until soft, add sugar to taste and boil and skim, then bottle, cork and seal. When you open add water and sweeten to taste for a beverage.
Mrs. O. R. Wiley.

NECTAR.

Crushed fruit, and to every gallon of crushed fruit use one quart of boiling water. Let stand six hours, strain, and to every quart of juice add one ounce of tar-

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

COLEMAN'S ART STUDIOS.
Montgomery and Troy. Platinum and Carbon Portraits.

taric acid and then to every pint of juice add one and one-half pounds of sugar, stir all until thoroughly dissolved, and bottle. Serve two tablespoonfuls to a wine glass of water with crushed ice. Mrs. J. W. Walters.

COFFEE.

Take one cupful of ground coffee, stirred with the white of one egg well-whipped and a cup of cold water. Put it in a boiler and pour on it a quart of boiling water. and as it rises and begins to boil stir down with spoon, boil two minutes. Remove from the fire and pour out a cupful of coffee, then pour same back into the coffee pot. Place it on the back of the stove where it will keep hot. It will settle in about five minutes. Mrs. Mollie Talbot.

VIRGINIA SHRUB.

Whip to a smooth liquid nine tablespoonfuls of plum, currant or blackberry jelly, add to this one quart of cold water, juice of three lemons and sweeten to taste. Serve with crushed ice. Mary O. Henderson.

APRICOT PUNCH.

One can of apricots, five lemons, two and one-half cups of sugar, three pints of water. Run apricots through a sieve, add lemon juice, sugar and water. Stir well and serve in glass with crushed ice.

Mary Olive Henderson.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

DELICACIES FOR THE SICK ROOM.

FOR AN INVALID.

White of one egg and one teaspoonful of brandy. Beat egg with one level tablespoonful of sugar and then add brandy. Mrs. J. K. Mark.

BEEF TEA.

Cut in small pieces one pound of lean round steak. Add one cup of cold water; let stand half an hour, place on a hot stove, boil a minute or two salt and pour tea off; add a few drops of Worcester sauce. This tea will keep good twelve hours and is nice warmed over.

Mrs. A. B. Campbell.

ONION SOUP.

Slice and fry one large white onion in a tablespoonful of butter to a delicate brown—add teaspoonful of flour, salt and pepper to taste, then add one pint of boiling water. Have ready a slice of toast or crackers. Pour the soup through sieve onto bread. Especially fine for weak stomach. Mrs. Jospehine Wiley.

GINGER WINE.

To one cup of wine add a teaspoonful of ginger, one-

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

fourth teaspoonful of all other spices and three cloves. Heat to a boil and strain for use. A nice medicine.

Miss Julia Bowles.

MILK CUSTARD.

One cup of sweet milk, one teaspoonful of corn starch or flour, two teaspoonfuls of sugar. Mix the starch or flour with a little cold water, add it and the sugar to the milk. A small stick of cinnamon or two or three drops of vanilla. Pour into a custard cup (a common teacup will do) and bake slowly until set; may be used hot or cold. This makes a delicate dessert and is a nice food for invalids.

Mrs. M. C. Henderson.

MILK GRUEL.

Boil two teacupfuls of sweet milk, being careful that it does not scorch. Mix two teaspoonfuls of wheat flour carefully with cold water, so that it is perfectly smooth; stir this into the boiling milk, allowing it to boil about two minutes. Add a pinch of salt. When done it should be the thickness of cream. If too thick add a little more sweet milk and let boil up again.

Mrs. M. C. Henderson.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

THE CHAFING DISH

EDITED BY MISS EMILY BOWLES

BACON AND EGGS.

Put one tablespoonful of butter into the dish with six very thin slices of bacon. When boiling hot break in your eggs and fry done. Serve on dry toast.

PIGS IN A BLANKET.

Wipe your oysters dry and place each one between two thin slices of bacon. Pin the edges of bacon together with toothpicks and drop into the hot pan.

SCALLOPED OYSTERS.

Put in your pan one tablespoonful of butter and half a cup of cream. When hot put in layer of oysters and sprinkle with cracker crumbs, salt and pepper—then a layer of oysters, then crackers and so on until the dish is full. Add several small lumps of butter and pour over all the oyster juice. Cover and let cook fifteen minutes.

OYSTER STEW.

Put in the pan three cups of sweet milk, two table-

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

For Anything in the Livery Line Telephone No. 38---Croskrey and Gilmore's Stables.

spoonfuls of butter; when it comes to a boil add one pint of oysters with their juice, cracker crumbs, salt and pepper.

OMELET.

Put in omelet pan one tablespoonful of butter. Whip six eggs with half a cup of sweet milk. When the butter melts pour in the eggs, add salt and pepper. Roll over the edges quickly. Serve hot.

POACHED EGGS.

Use only the hot water pan of the dish; fill it three-fourths full; when it boils add one-half teaspoonful of salt. Break in the eggs carefully. Sprinkle with pepper. Let cook six minutes. Serve on hot toast.

WELSH RAREBIT.

Put in the dish one pound of grated cheese, two teaspoonfuls of butter, one-half cup of milk or beer. Mix in a cup two tablespoonfuls of Worcester sauce, one-half teaspoonful of dry mustard, few grains of red pepper, black pepper and a dash of tabasco. When the cheese begins to melt stir until perfectly smooth, then stir in the mixture. Serve immediately on crackers.

Use "CAPITOLA" PURE WHEAT FLOUR
made by ATLANTA MILLING CO.

Courteous Attention.

We wish to assure every lady that she is entirely welcome and most cordially invited to come and inspect our stock of **Richelieu Pure Food Goods**

Even if you have no idea of buying. Our business is to sell Standard Groceries of the Reliable Kind, not only this year, but next year and years thereafter. If we have your trade we will do our best to keep it; if we havn't, we will work hard to get it—Our qualities being your qualities (the best) our prices being your prices (economical), we shall have little trouble to get and keep your patronage.

Our store is the home of Richelieu PURE FOOD Goods, and we guarantee them to be the best that money can buy. So give us your orders for high grade groceries. We are headquarters for the best, and carry everything that is handled in a modern grocery business.

W. A. SIMS.

WRIGHT & McLURE,

Ladies' and Children's Furnishings,

High Class! Medium Price!

Dress Goods and Millinery, Notions,

Hosiery, Underwear,

Ladies' and Children's Shoes.

Your Patronage Cordially Solicited.

SAFETY AND PURITY.

The name **Ferndell** on a package is like a seal, or a deed, or a bank certificate, or a check. It is the public's guarantee of value.

FERNDELL PURE FRUIT AND VEGETABLES

Canned, are carefully tested before being labled. Every piece is found sound.

Ripe, Sweet, Juicy,

Of full flavor, and canned as quickly after taken from the tree, or vine, or bush, or stock, or the ground as human ingenuity will allow. Thus all the deliciousness of the fresh, green fields or trees is preserved. Considering all this care and excellence, the prices are remarkably low. Don't take any substitutes. Refuse the "just as good" kind. Our FERNDELL SPICES AND EXTRACTS are absolutely pure. Our Spices are ground from especially selected stock, of finest flavor and excellence. Come here and you will be insured against disappointment.

J. D. WILLIAMS,

THE UP-TO-DATE GROCER.

W. R. WHITE & SON,

GENERAL MERCHANTS.

AGENTS FOR

CAPITOLA FLOUR.

SOUTH WEST CORNER SQUARE, TROY, ALABAMA.

Palmer's Perfumes

For Sale By

Sam A. Williams.

MRS. IRENE MARECHAL,

TROY, ALA.

Electricity applied to face and scalp. Shampooing, Massage, etc. Superfluous hair removed by electrolysis. Best toilet articles, creams, lotions, powders, extracts, etc.

MRS. M. A. T. ELLEDGE J. T. NORMAN

ELLEDGE & NORMAN

IMPORTERS AND MANUFACTURERS OF

MARBLE AND GRANITE

MONUMENTS.

——ALSO——

Wrought Iron Railing for Fences and Stone for Building Work of all Kinds.

GRANITE QUARRY: GREENVILLE, GA.

907 Broad and 14 and 16 Ninth Streets,

COLUMBUS, : : GEORGIA.

DO YOU EAT?

— GO TO —

A. D. JONES & CO.

You Will Find all Goods Fresh, Quality the Best, Prices that Can't be Beat

FEEDING THE PEOPLE IS OUR BUSINESS.

FRESH ❧ GOODS ❧ ARRIVING ❧ DAILY.

PHONE NO. ONE.

TROY, : ALA.

A. E. JOLLY & COMPANY,

——DEALERS IN——

TIN AND SHEET-IRON WARE ❧ AND SHEET METAL WORKS. ❧ ❧

REPAIRING OF ALL KINDS A SPECIALTY. TIN ROOFING, GUTTERING PROMPTLY EXECUTED

TROY, - - ALABAMA.

D. W. CANNON,

Wholesale and Retail

Furniture, Coffins,
Rugs, Crockery, Lamps

AND WHITE SEWING MACHINES.

Picture Frames
Made to Order.

Carpets and Matting
a Specialty.

TROY, ALABAMA.
SOUTH SIDE SQUARE.

E. O. Painter & Co.

Book and
Catalogue Printers,

DeLand, Florida.

Linotype Composition
and
"Special" Editions
a Specialty.

Coleman Hardware Co.,

TROY, ALA.,

Agents for four of the
Best and most Durable

Stoves and Ranges **Made in the United States.**

The Great Majestic, Charter Oak, Acorn
And the Old Iron King.

We absolutely guarantee the cooking quality of these stoves. Give us a trial and we will give you satisfaction. We carry a full line of Tinware, Graniteware, Woodenware, Crockery and Cooking Utensils of all kinds. Table Cutlery a Specialty.

REMEMBER,

We have an up-to-date Shelf Hardware. **'PHONE 59.**

Ross & McBryde,

SHOES AND FURNISHING GOODS.

The largest and most varied stock of shoes in the City.

Troy agents for

Ziegler Bros'. Ladies' Fine Shoes.
Agents for Knox "World Renowned Hats."

YOUR PATRONAGE IS SOLICITED.

ROSS & McBRYDE,

NORTH SIDE OF SQUARE.

FOX HENDERSON, President.
O. C. WILEY, V. P. & G. M.
L. H. BOWLES, Secretary.
I. C. HENDERSON, Treasurer.

STANDARD

Chemical & Oil Co.,

TROY, ALA.

WE MANUFACTURE AT OUR TWO LARGE PLANTS

High Grade Acid Phosphate Ammoniated Fertilizers Cotton Seed Oil Meal, Hulls And Linters, and Pure Ice.

It is a Home Institution, and Solicits Your Patronage.

Are you or your loved ones protected by a

REGISTERED POLICY IN

The Franklin Life Insurance Co.,

OF ILLINOIS?

For illustrations of contracts, etc., call on or write

W. B. FOLMAR, Manager,

TROY, ALABAMA.

MRS. B. W. STARKE,

FLORIST.

Cut Flowers, Potted Plants of all kinds.

Roses, Shrubs, Bulbs,

PHONE 67.

F. S. WOOD, *DEALER IN*

Furniture, Carpets, Rugs,

Matting, Shades,

North Side Square, TROY, ALABAMA.

J. P. WOOD,

Fine China,

Glass Ware,

Solid Silver.

TELEPHONE 77.

ENGELHARD'S
GUARANTEED COFFEES
Always uniform.
Always fresh.
Only in airtight packages.
SAVE THE COUPONS.

BY THE DRAY-LOAD,

The basketful, the single package, or however you may wish to order your Groceries, we are your willing servitors; that is to say, the smallest purchase shall have equal attention with the largest; thus we expect at least a part of your valued patronage Your wants in our line shall have our careful personal attention, if intrusted to our care. We are sole agents for Englehard's Coffees, as advertised above. Try it and you will use no other kind. Our motto:—"Quality, Dispatch, Reasonable Prices." Free delivery. 'Phone No. 92.

ADAMS & NICHOLS.

The East Side Bakery

Headquarters for first class Light Bread or anything in the bakery line.

We especially call the attention of the public to the white, flaky grain that our bread has.

Special Prices to Agents and dealers in other cities and towns. Write for prices.

Capacity, 500 Loaves Daily.

Our Rolls are delicious and wholesome.
Free Delivery in city limits.
You can find us in the Hubbard Block, Elm Street.

TELEPHONE NO. 2.

Yours for Business,

T. E. CULBERSON, Prop.

Troy, Alabama.

Have you had a good dinner?

THEN SMOKE ONE OF **Saul Paschtein's**

Hand Made Cigars.

ESPECIAL BRANDS,

MATINE, STAR AND SELECT.

THREE COMRADES
3 for 5 cen

Hand Made From Havana Cuttings.

EQUAL THE BEST 5 CENT CIGAR
WHEN MANUFACTURED BY

Saul Paschtein.

Fair Dealing Honest Goods

Live and Let Live Prices.

Quality is always the first consideration in this store. Prices are long forgotten, while quality remains. We do not strive to please with cheap stuff. We cater to the wants of those who want reputable goods.

Hamilton & Brown Shoes

Thorough Bred Hats

Schwab's Clothing

Roller King and Obelisk Flour

U.M.C. Shells

Time's Stoves and Ranges

H. & B. Cutlery

Smith & Wesson and Colts Revolvers

Best Gandy and Rubber Belting

Patapsco Guanos

Babcock, Carmichael and Columbia Buggies, and White Hickory Wagons

T. K. BRANTLY & SONS,

DEPARTMENT STORE and ADVANCING MERCHANTS.

J. S. CARROLL,

Dealer in

General Merchandise

Live Stock, Buggies, Wagons,

Fertilizers and Hardware.

We are agents for

The Celebrated Jewel Stove.

TROY, ALABAMA.

Deposit your money With

The First National Bank

and your wealth

Will Climb

RIGHT UP.

J. S. CARROLL,

President.

PANY

VEAR

ig

it strings

ushmallows.

from vice